



	✓			
			✓	
		✓		
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ALIGNMENT CHART

Utah Social-Emotional Learning Framework

- Second Step® Elementary Digital Program
- Second Step® Middle School

About Second Step® Programs

The research-based Second Step Elementary and Second Step Middle School digital programs are universal, web-based classroom programs designed to promote social-emotional competence, which can help increase students' school success and decrease problem behaviors.^{1,2} The programs help students learn how to cope with challenges, create positive relationships, and succeed both socially and academically. Skills are reviewed and expanded each year, gradually becoming more complex as students get older. Lessons provide tools for students to develop the mindsets, knowledge, and skills to handle strong emotions, show kindness and empathy, build and strengthen friendships, make and follow through on good decisions, and solve problems with their peers.

How the Programs Meet the Utah Social-Emotional Learning Framework

The following tables indicate which specific Second Step grade-band lessons and related materials can help students develop the knowledge, skills, and attitudes needed to meet the Utah Social-Emotional Learning Framework. Boxes are checked to indicate that the Second Step digital programs meet a given Utah Social-Emotional Learning Framework outcome within the identified grade or grade-band (for instance, Grades K-5) when:

1. Students have clear opportunities to actively process the knowledge or practice the skills described in the framework through discussion, writing, drawing, or other related activities.
2. There are opportunities for teachers to gather evidence of student learning in relation to the framework outcomes.

1. Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development, 82*(1), 405-432. <https://doi.org/10.1111/j.1467-8624.2010.01564.x>

2. Taylor, R. D., Oberle, E., Durlak, J. A., & Weissberg, R. P. (2017). Promoting positive youth development through school-based social and emotional learning interventions: A meta-analysis of follow-up effects. *Child Development, 88*(4), 1156-1171. <https://doi.org/10.1111/cdev.12864>



Kindergarten-Grade 5

Utah Social-Emotional Learning Framework

Second Step® Elementary Digital Program

Key Skills and Concepts																								
Brain Builders (Executive-Function Skills)				Unit 1: Growth Mindset & Goal-Setting					Unit 2: Emotion Management				Unit 3: Empathy & Kindness				Unit 4: Problem-Solving							
Attention	Working memory	Inhibitory control	Cognitive flexibility	Focus attention and ignore distractions	Persevere through challenges	Understand that the brain can grow and change	Improve skills through practice and effort	Set goals and make plans to reach a goal	Identify and understand one's own emotions	Recognize and identify emotions in others	Recognize strong emotions	Manage strong emotions by using strategies to feel calm	Recognize kindness and act kindly toward others	Develop empathy for others	Take others' perspectives	Act with empathy	Manage strong emotions to feel calm before solving problems	Describe the problem	Identify the wants and needs of those involved	Think of many solutions	Explore the outcomes of the solutions	Pick the best solution		
Outcome																								
1. Understand and Manage Emotions—The knowledge, attitude, and skills to objectively examine, understand, and effectively manage emotions, thoughts, and behaviors						✓	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
2. Set and Achieve Positive Goals—The knowledge, attitude, and skills to set goals, plan one's actions to reach those goals, and carry out those plans to completion								✓	✓	✓	✓	✓												
3. Feel and Show Empathy for Others—The knowledge, attitude, and skills to be aware of, understand, and be sensitive to the feelings, thoughts, and experience of others, including those from diverse backgrounds, cultures, and contexts														✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
4. Establish and Maintain Positive Relationships—The knowledge, attitude, and skills to establish and maintain healthy and supportive relationships and to effectively navigate relationships with individuals and groups from diverse backgrounds														✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5. Make Responsible Decisions—The knowledge, attitude, and skills to make caring and constructive choices about personal behavior and social interactions across various situations								✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6. Self-Advocate—The knowledge, attitude, and skills to effectively communicate and assert personal needs and wants									✓	✓	✓	✓	✓				✓	✓		✓	✓	✓	✓	



Grades 6-8

Utah Social-Emotional Learning Framework

Second Step® Middle School

	Key Skills and Concepts																			
	Unit 1: Mindsets & Goals					Unit 2: Recognizing Bullying & Harassment					Unit 3: Thoughts, Emotions & Decisions					Unit 4: Managing Relationships & Social Conflict				
	Recognize that social challenges are common and get better in time	Understand that the brain can grow and change	Set personal goals and create plans to achieve them	Determine how to adjust and persist after making a mistake	Apply personal strengths to develop an interest or get better at something new	Recognize common types of bullying and harassment	Understand the negative impacts of bullying and harassment	Determine the best upstander strategy for a situation	Understand students' responsibility to create a positive school climate	Recognize how social and environmental factors contribute to bullying and harassment in their school	Prepare to take action to disrupt factors that contribute to bullying and harassment at school	Understand how emotions influence decision-making in positive and negative ways	Recognize and reframe unhelpful thoughts	Recognize the signs of stress and anxiety	Apply stress- and emotion-management strategies	Recognize how conflicts escalate	Describe the different perspectives of the people involved in a conflict	Apply the four-step conflict resolution process	Identify ways to make amends	Recognize the signs of healthy and unhealthy relationships
Outcome																				
1. Understand and Manage Emotions—The knowledge, attitude, and skills to objectively examine, understand, and effectively manage emotions, thoughts, and behaviors	✓								✓		✓	✓	✓	✓	✓	✓	✓	✓		
2. Set and Achieve Positive Goals—The knowledge, attitude, and skills to set goals, plan one's actions to reach those goals, and carry out those plans to completion		✓	✓	✓	✓															
3. Feel and Show Empathy for Others—The knowledge, attitude, and skills to be aware of, understand, and be sensitive to the feelings, thoughts, and experience of others, including those from diverse backgrounds, cultures, and contexts	✓					✓	✓	✓	✓	✓					✓	✓	✓	✓		
4. Establish and Maintain Positive Relationships—The knowledge, attitude, and skills to establish and maintain healthy and supportive relationships and to effectively navigate relationships with individuals and groups from diverse backgrounds															✓	✓	✓	✓	✓	✓
5. Make Responsible Decisions—The knowledge, attitude, and skills to make caring and constructive choices about personal behavior and social interactions across various situations			✓	✓	✓	✓		✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓
6. Self-Advocate—The knowledge, attitude, and skills to effectively communicate and assert personal needs and wants	✓	✓	✓	✓	✓			✓	✓			✓		✓	✓					✓